

Sounds of the Living Sound Low Tide Celebration at Point Robinson



100th Anniversary of the Lighthouse, Sunday, August 2, 10am-3pm
Shuttle Bus Runs 11am-3pm Along Pt. Robinson Road

By Rayna Holtz

The kingfishers of Point Robinson may be startled to hear the haunting wails of a loon and the high kee-keer of a marbled murrelet on the first Sunday in August. Not to mention the conversations of orca whales! These animals are seldom found in southern Puget Sound in the summer but will be featured at the 10th annual Low Tide Celebration nonetheless, as part of an effort to make the elusive wildlife of the Maury Island Aquatic Reserve more tangible through sounds and displays..

At the Vashon Hydrophone Project booth, Odin Lonning will feature whale voices, recorded on the south and west sides of Vashon, to introduce people to the sounds of orca families conversing when they visit us during fall and winter

in pursuit of salmon. The Vashon-Maury Island Audubon Society will provide opportunities to listen to the calls of water birds that overwinter in the waters around the Island, as well as birds that live here and nest in the summer but fly south during the cold months.

To make wild birds more accessible, Harsi and Ezra Parker, Vashon Audubon field trip leaders, also plan to display the mounted skins of a selection of Vashon's species. You will be amazed at how a single bird's feathers come in so many various colors and shapes! Some are smooth and crisp, others fuzzy and soft. And the COASST booth will exhibit bird wings, which they use in teaching

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Open Air at Open Space 5th Annual Light, Bright, Outdoor Aerial Festival - Saturday, August 1 at 4pm



"Remember when you were a little kid and you would spin until you had to fall down? Or run to cool off? Or jump from the back of a couch and really really fly?"

Open Space for Arts & Community invites you to fly with us, at our fifth annual Open Air - a light, bright, outdoor aerial festival with a splash of circus and magic in the meadow. Bask in the sun, enjoy the view of Mount Rainier, lean back and fly in your imagination watching fabulous aerialists from the Northwest and beyond.

Over the last four summers, audiences for Open Air have grown and grown - people of all ages have relaxed in the shade of our pine trees, with Mount Rainier as a beautiful backdrop, and watched in wonder as joy happens before their eyes - everything from dancing dragons to summertime snow to magic and poetry.

Open Air producers Janet McAlpin and Lynelle Sjoberg have gathered renowned artists and local favorites, as well as advanced students from the UMO School of Physical Arts, to fly before your eyes. Jonathan Rose, who stunned audiences in Burlesco Notturmo EXOTICA, returns with his extraordinary talent. Chapter 2 - the aerial duo of Esther Edelman and Glenn Easley - will captivate with a beautiful aerial tango. The graceful Lisa Elliot will share a fascinating sling piece; the artist Qynby brings a hoop solo; Anna Henry will perform on single point net. Julie Gibson and Laura Cherry, longtime students of islander aerialist Esther Edelman, bring a duo fabric piece. And

this year's finale is truly amazing to behold - a Wall of Rope, performed by Open Air visionaries Janet McAlpin & Lynelle Sjoberg, Esther Edelman & Glenn Easley, Jonathan Rose, and Terry Crane.

One of the most inspiring elements of Open Air is witnessing the talent and skill of young Vashon performers, who have literally grown up in the air. Advanced UMO student duos Lhamu Conrad & Annie Crawford, and Madeleine Schroeder & Josie Slade, show strength, grace and artistry beyond their years.

And as always, the Air needs the Ground to be complete! Vashon favorite Tom Pruiksma returns with a beautiful blend of poetry and magic; gorgeous Molly Shannon will lead the audience through a fabulous Samba dance;

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The Road to Resilience

The Sorcerer, The Pope, and The Feminist

Over the last few years, in order to avoid the worst aspects of climate change and the attendant economic and political upheaval, I've tried to present the argument for changing the way we, as individuals, communities, and nations, do things. I've generally tried to present practical steps we could all take to set us on a more sustainable path. While reacting to a symptom may be a valuable strategy in the short run, maybe understanding why we ended up in the predicament we're in might be more valuable in understanding and addressing the causes. I've come around to thinking that what we really have here is a philosophical problem, or a religious problem, depending on how you choose to engage the unknowable. What we don't know is the true nature of the world we live in. The assumptions we make in this regard make up the context in which we make decisions. We might all arrive at the "ahah!" moment if we recognize and respect the unfathomable complexity of the living system we have so recently joined.

One of the clearest explanations of

By Terry Sullivan,

the situation we are in was presented to me very early in Walt Disney's animated masterpiece, Fantasia. Amongst the nice visuals and music was one piece with a very clear lesson. You may remember Mickey Mouse as the Sorcerer's apprentice. While the sorcerer was away, Mickey used a spell he had learned to make his broom carry water into the house. He didn't understand all the aspects of that spell and things very quickly got out of hand. This is a great allegory for how we have used the mechanistic, non-living Newtonian model to guide our engagement with the universe. Our world-view has been a very simplistic version of what is really going on, and we have made the mistake of thinking we are cognizant of all the variables we are manipulating.

I grew up in the Catholic faith in the fifties when, in my opinion, the church was shallow, intolerant, and oppressive. I've not given up spirituality but have found other sources of inspiration. Not being a papal groupie, I have to say that I've been continually surprised and pleased with much that has come from Pope Francis. So, when his encyclical on climate change, "Laudatus Si," came out, I decided I needed to read it. Except for a very few

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With mortgage rates at record lows, many of you may be thinking of looking for a new place to call home. Here are a few tips to help you get started

Determine what you can afford

Before seriously looking at homes, it is a good idea to find out what size of loan you will be able to afford. Talk with a couple mortgage lenders to see what types of loans are available and what may work for you. Also, don't forget to take into account the cost of home maintenance, property taxes & insurance when determining what you can afford.

Find a Real Estate agent to work for you

Many buyers hold a common misconception that they should contact the Listing agent for information on a property. In fact, it would be in the Buyer's best interest to work with their own agent. Your own agent will better understand your needs and wants and be able to provide you with property information. More important, they will represent you and your interest throughout a transaction, where a Listing agent represents the Seller's interests only.

Start the search for your new home

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Friday, August 7, 8:30pm
The American Night

Sunday, August 9, 8pm
Cami Lundeen

Friday, August 14, 8:30pm
Camille Coldeen & Gus Reeves

The 10th Annual
VASHON-MAURY ISLAND
LOW TIDE CELEBRATION

Sunday August 2, 2015 – 10am to 3pm

A FREE family event at beautiful Point Robinson Park,
celebrating Maury Island Aquatic Reserve



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The critters feed
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• Flora, fauna & cultural displays

• Beach walk on traditional native uses of
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traditional Tlingit artist and cultural educator

Complimentary shuttle bus along Pt. Robinson Rd to the lower parking lot.

For more information please contact:
Rayna Holtz at 206.463.3153 - raynaholtz@aol.com
Erin Durrett at 206.463.0303 - e.durrett@yahoo.com



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Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

New Nar-Anon Meeting

West Sound Area invites you to a New Nar-Anon meeting Saturday, June 27th, 6:00pm to 8:00pm. 17708 Vashon Hwy SW on Vashon Island at the Presbyterian Church.

Potluck and Nar-Anon Speakers. Everyone is welcome to come and be a part of Vashon Island’s first Nar-Anon meeting.

If you have any questions you may contact Marian E at 253.307.8576

VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community.

It will take place the first Thursday of each month from 7-9 pm. Contact cara.aguilera@providence.org / 567-6152 with questions.

Find us on Skype
Vashon Loop
206-925-3837

Have a Story or Article

Send it to:
Editor@vashonloop.com

Celebration of Life



A Celebration of Life and Memorial for Gary McKinney will be held on Sunday July 26th at 3 pm in front of the Brown Agency at Vashon Village. Bring something to sit on and a beverage if you wish. Cookies from Snap Dragon will be provided.

Join the Conversation

What do you love about living on Vashon-Maury Island? What matters most about your life here? All are welcome to gather to talk and write. Shirley Ferris will host and help. Tuesday, August 4, 1-2 PM, Vashon Library AND Friday, August 7, 11:30 AM – 2 PM, Vashon Senior Center. Anecdotes, paragraphs, sentences....enjoy sharing and submit results for Heart of Vashon: telling our story – a community project sponsored by VAA, VMIHA, VOV and AIF.

Old Time Music Jam

Old Time Music Jam Session with Greg and Jere Canote
Saturday, August 8, 4 PM
11306 SW 238th St.
Potluck and pass the hat for the Canotes.
Musicians and friends welcome.

Orca LIFT sign ups

Wednesday July 29nd 11am - 12:30pm at the Food Bank and then 1:30 - 3pm at the Library. This is also a reminder that anyone who has a child turning 19 that child needs to apply for health insurance on their own. No longer under parents insurance. So see Miguel and Jen to find out how to make this transitional change.

Miguel and Jen from King County Public Health will be coming to Vashon once a month to sign people up for ORCA LIFT, Food Stamps and Health Insurance. Each time they are here, they will be at the food bank in the morning and the library in the afternoon.

ORCA Lift is a program that provides low income people with reduced fares on Metro buses, Sound Transit Link Light Rail and the Water Taxi. (NOT THE WA STATE FERRIES). You end up with a discount ORCA card.

What you need to bring: Photo ID from any state or country AND income verification can be Provider One Card, EBT Card, TANF award letter, SSI award letter, L&I statement of worker’s comp or Social Security award letter. This program is for everyone regardless of immigration status.

Sign up for Apple Health or recertify or if you have questions Miguel will answer them as well. Food Stamps get signed up for all three at the same time.

Miguel is Spanish and English speaker.

Low Tide Celebration 2015

This year, our Island Low Tide Celebration will be on Sunday, 2 August, and of course, it will be at our most popular and most used park, Point Robinson. The tide this year will be at 1.8 feet below datum.

The significance of that very low tide is that we will be able to get way out on the mudflats, and see and study the animals that only can be seen at the lowest tides. In other places, and from other writers you can see more descriptions of the activities, the people who will provide them, and where at Point Robinson they will occur. For me, it is to provide a short and pithy descriptions of tides, and why they happen, as I have done every year that we have been having this celebration.

For thousands of years, and especially as long as fishermen have been going to sea from ports that have wide tidal ranges, people have been trying to figure out when the tidal extremes will occur. If you have been to any of the fishing ports in Brittany, in Western France, you will see, at low tide, fishing boats sitting on the mud flats, and then at high tide the water coming up all the way to the top of the stone jetties. The extreme of this is at Mont Ste. Michelle, where the tide comes in with frightening velocity. Cars used to park on the mud flats at low tide, their owners did not pay attention to when the tidal race would come in, and would return just in time to see their vehicles engulfed-or to be more precise, embayed, as the Mont sits in a bay.

So ever-observant humans finally made a connection between the relative positions of the earth, moon, and sun, and in later years the underwater terrain, the hydrography, of the locale. We do not know exactly when this connection was made, but it certainly was long before the synthesis of the laws of gravity, including the work of Sir Isaac Newton. A little Newtonian arcania here-Sir Isaac held the Lucasian Chair of Physics at Cambridge University. He was a member of Trinity College, and his rooms in Trinity are still being used. The Lucasian Chair still is endowed, and is presently occupied by Professor Stephen Hawking.


So the next step was to see that when the sun, moon and the earth are all lined up on the same side of the earth, or in conjunction, the sun and moon exert the maximum pull on the earth, and in particular anything movable-and the 70% of the earth that is water is also moveable. Just recall the last boat trip you took! This pull is the pull of gravity, and it is gravity, coupled with the centrifugal force exerted by all rotating bodies that keeps the whole system in balance. So it was clear that when these bodies are in conjunction, the pull is strongest, and when the sun and the moon are on opposite sides of the earth, or in opposition, the pull is weakest, and the tides are at their smallest value above or below datum.

There are several subtlties to this, and as one of my instructors at the Coast Guard Academy would often say, “beyond the scope of this course”. But one of them is worth adding here, and that is the terrain, both above the surface, and below the surface, that direct the water as it ebbs and floods. It is because of this terrain, for example, that we have the extreme tides in the Bay of Fundy , both as to tidal range and as to speed of the tidal current. For our local usage, the tidal current off of Point Robinson is seldom more than 3 knots, and that is when the tide is on the ebb, or going out, because it is additive to the river currents coming out at the bottom of the Sound.

So come to see us for this, our latest Low Tide Celebration. I will be in the lighthouse giving information about our own lighthouse, and lighthouses world wide, in general. I look forward to seeing you then.

Captain Joe

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The Vashon Loop

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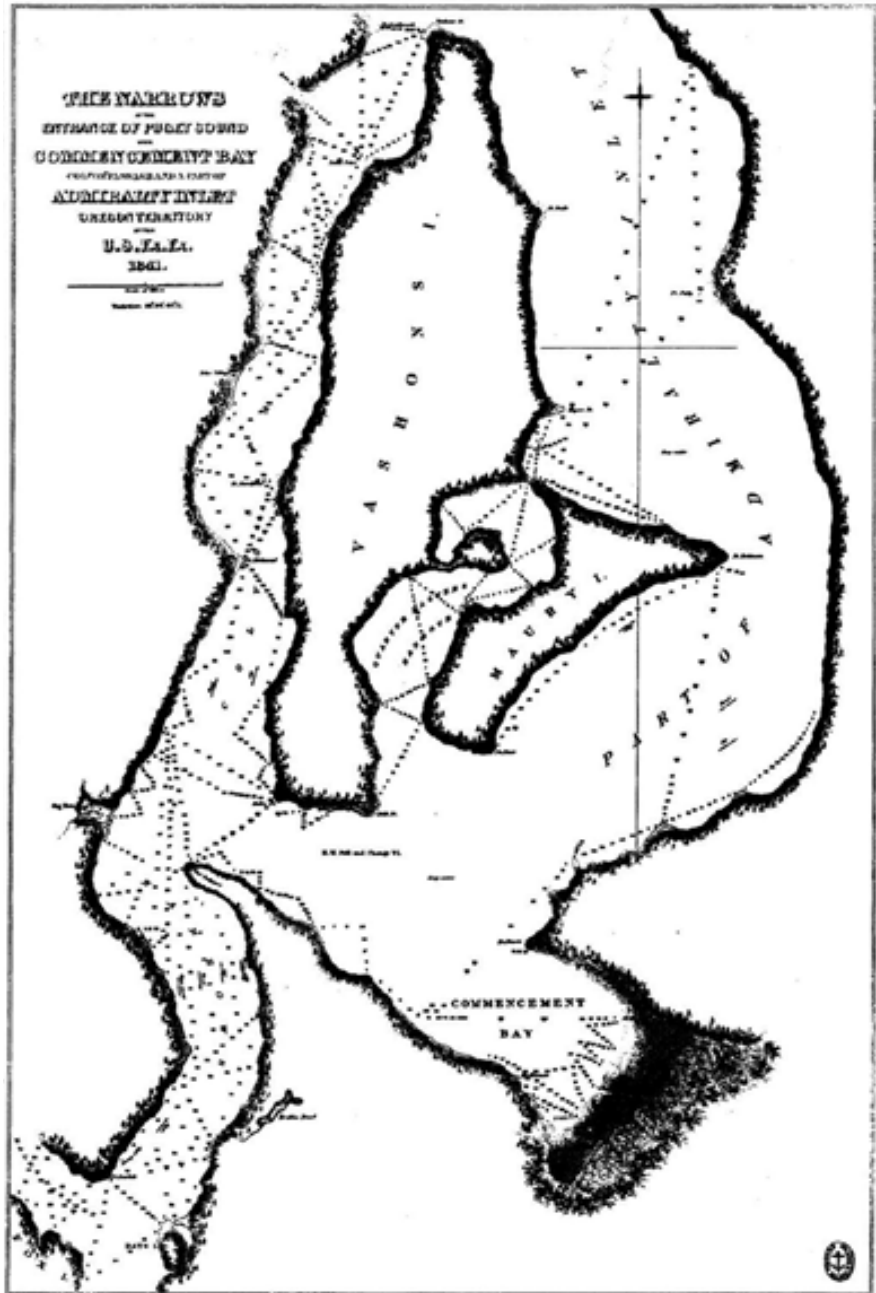
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Two Ways to Look at Vashon Island



By Seán C. Malone

Oh, okay. Take for instance the rush of summer people inflicting their city life on what they might consider our backward ways. Parochial might be one way they looked at us islanders. As kids in the 1950's, we just did not like the influx of people you would meet on the street in Vashon, wish them a "Good morning" or some such greeting, and they would come back at you with a stony stare, as if you had crawled out of a hole somewhere. When their ill-planned beach houses slid into Puget Sound, we cheered. Provincial, parochial, or prejudiced may be other ways the city people looked at us.

"Insular" is from the Latin: "insula" meaning "island". There are many ways to describe the effects of insularity. Many of the older people might say that isolation was an asset. Any change in their state of isolation might upset the people who were born or raised on Vashon. Insularity is a part of the pioneer ethic to band together for mutual support. Though you can't say that the Norwegians at Cove had much truck with the Croations in Dockton. The story goes that Swedes from Ballard would row down the sound for the dances in Dockton; which produced huge fights. If you hadn't lived on Vashon for 25 years in 1955, you were a newcomer and "maybe" worth watching.

In the 1950's, there were 4,000 people on Vashon, we never counted Maury as separate. With the invasion at the start of summer, we had 7,000 by August; as a 15 year old might remember it.

The upshot is that the city people came to Vashon and we knew more than they did. It made us kids arrogant and testy because of the summer invasion. It was very frustrating when we were asked for directions by an off-islander

such as: "Can you tell me how to get to Bill Joslin's"? and you would respond: "When you get to town, you have gone too far. Go back to the Cove Road and turn West. Drive straight thru several canyons to a sharp turn at the Methodist Church on the corner and go South about a half mile. Joslins would be on the right, going up the hill". The tourist would appear perplexed; when it was perfectly clear to me. We knew where the landmarks were; but the off islanders didn't have a clue.

I mean, Cappy Berard was our age and came from West Seattle and he didn't know that peaches grew on trees. I remember the look on his face when we walked down our driveway to the peach orchard. Cappy had never tasted a "wild peach" before, at least that's what he called it. We weren't allowed to take fruit from the trees, but could have all the wind-falls we could eat. The dogs loved it in the orchard and you could hear their teeth crunching the peach pits. We would try to beat the dogs to the peaches with the least bruising and slap the yellow jackets away from the others. You could find us lying on our backs in the orchard, eating peaches and trying to split clouds with our thoughts. It just seemed that if you stared at a cloud long enough, you could split it in two; though when it happened, we called it a coincidence.

Because Dad worked in town and commuted for 14 years; he just never caught up with all the work that is required to keep 5 acres "ticking". When he pruned the rows of Olympic berries, he wore a bandana to keep the sweat out of his eyes. He came home with blood streaking down both arms from the berry scratches, but he dressed the vines nicely

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What do you love about living on Vashon?

By Shirley Ferris and Mary G.L. Shackelford

It doesn't matter if you think of yourself as a writer or how old or young you are. It doesn't matter if you were born on Vashon or arrived last month. We're looking for YOUR story.

What's in YOUR heart about Vashon-Maury Island? What IS the spirit of this place? Why do you choose to live on Vashon now? What makes Vashon different from other places you have lived? We hope that all Islanders will share their responses for Heart of Vashon: telling our story.

We're calling out now for your written or taped reflections. Not a long story; doesn't even have to be a "story" at all. An anecdote, perhaps a couple of sentences, three paragraphs. It can be the quintessential something that happened to you recently; or just the words that speak your heart when you think about what Vashon means to you.

The success of our project depends entirely on you. Please send us your submissions! Find submission guidelines and more information at www.vashonalliedarts.org/heartofvashon/

or google Heart of Vashon.

Story shapes, defines and creates community; it is an old way of bringing people together. In these changing times, community, landscape and place are fragile. What do you value most about living on this Island in the middle of Puget Sound, poised between rapidly growing urban centers?

We choose to live here -- and there are challenges. What nurtures and sustains you about living in this particular Island community at this time in history? What do you hope to pass along that others might value and continue to nurture? What matters to YOU?

We'd like to share what moves us -- what connects us to the Island -- to the land, to each other. Listening and telling our collective story builds our capacity to pull together. Uncovering what's in our hearts about living here can help us navigate in ways that honor what we value. Sharing what's at the core of our sense of place builds resilience. It's emergency preparedness of the heart.

Gatherings to Talk and Write

What do you value about living on Vashon-Maury Island? What is the spirit of this place? All are welcome to gather to talk and write. Anecdotes, paragraphs, sentences....enjoy sharing and submit results for this community project sponsored by VAA, VMIHA, VOV and AIF.

Tues, Aug 4, 1-2 PM, Vashon Library with Shirley Ferris
Friday, Aug 7, 11:30-2 PM, Vashon Senior Center with Shirley Ferris

Pinky Needs A Home...

My owner became homeless, so that's how I ended up at the shelter. I don't like being around my fellow felines. On the other hand (or paw), dogs are OK; I'm comfortable with them. I'm VERY fond of people, and I want another person to be devoted to. If you adopt me, you'll be the center of my universe, and you won't need more than one cat. Think of all the money you'll save on food and litter!



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Next Loop comes out August 6

Island Life More Ghosts

Peter Ray
pgray@vashonloop.com

I awoke with a start this morning somewhere between 2:30 and 3am, having been poked in the neck by my mother and then told in no uncertain terms that I needed to cut my hair. The boundary line between sleep and wakefulness found me quickly conscious and quite safely out of reach of further maternal scrutiny. Fortunately, these kinds of visits are by no means a regular occurrence, which in some ways is a surprise since to one degree or another I find myself thinking daily about both my parents. While my mother moved on from corporeal attachments five years ago this December, it was my dad’s passing I remembered just this past weekend. While I was not all that close to either parent, these days I find myself missing their presence, if for at least some of the wrong reasons. It was also nearly a year ago when I went back east a second time after my dad’s funeral to work on cleaning and sorting of the years of their accumulations with the thought that another hand would be welcomed by my sister- I could not have been more mistaken.

It was a year ago that I wrote about the hallway of ghosts where the photos of my ancestors resided. This was the fascinating time of the visit, when every new drawer had a quirky revelation- an ancient stack of Christmas cards here, a still pliable plastic bag with my baby book there. There was a letter from my uncle from back in the late 1980’s complaining about the lack of customer loyalty, regardless of his years of his being there to supply the construction industry with nails and two by fours, not to mention the problems even then of the growth of the big box stores and their siphoning off of the business from everyone else. With every day I made new discoveries in boxes and bureaus which it seemed my sister could have cared less about. With every day of progress, I also noted my sister’s glaring indifference to join in on the journey. There was also that troubling bit in all of the proceedings which revolved around an accounting of my parents’ estate that at best seemed lacking. With my sister



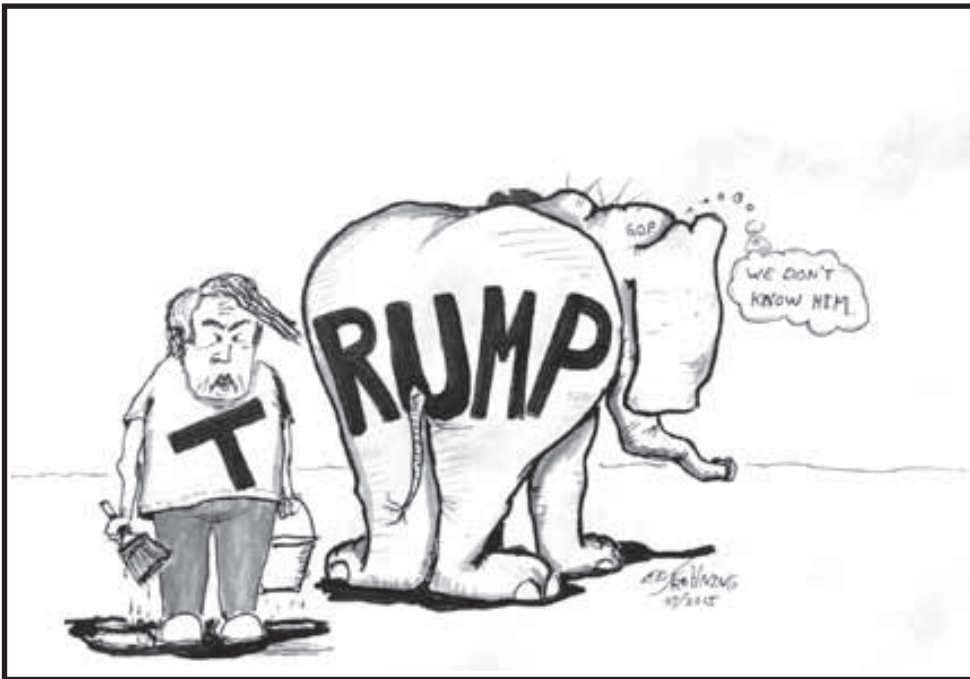
still not showing up to even see what I was doing I decided to take a half day off and pay a visit to the folks that had been watching over my parents’ trusts and see if I could get any answers as to the whereabouts of the missing monies. As it turned out, they had not seen them either and so the next day I sought out some counsel, who after nearly an hour of my tale-telling and question-answering agreed that I had a case, I signed some papers and left New Hampshire a week later able to talk about “my lawyer”, although not to my sister.

As I said, that was a year ago. Two days after the one year anniversary of my dad’s passing I am not totally sure how many lawyers were involved in the scheduling conference where all concerned were meeting a few days ago face to face for the first time. There are

two attorneys from my lawyer’s firm and there is the lawyer who my parents hired who was supposed to be minding the store, and apparently there was one of his partners in attendance along with the lawyer who is representing him along with the lawyer that is representing my sister and another lawyer who we hope will be allowed to takeover the executor duties that my sister and my parents’ lawyer seem to have badly bungled and mauled. As it turned out, it sounds as if the judge pretty much agreed with the points my lawyer submitted in the thirty six pages of petition to remove the current errant executors, which seems like a good thing. What appears to be yet one more bit of evidence that my sister and the family attorney were not being stellar keepers of the flame, or anything else for that matter, is that I got to learn the legal meaning of forbearance just yesterday. It appears that my sister’s creative money manipulations within and without the estate have left my dad’s part of the estate unable to continue payments on their house that still has not sold, so I was informed that since foreclosure was imminent I had to consent to a modification to the mortgage which had gone unpaid since the middle of June, and the forbearance would defer payments while things got straightened out until the house is sold. The first my lawyers, and then myself through them, had heard of this was just a few days ago, so you see I have good reason to be dreaming of ghosts and bumping (or poking) things that wake one in the middle of the night.

Sometimes this all kind of gets me down. Sometimes it doesn’t. During the times that it doesn’t I have resolved to do things that continue to move my creative agenda forward. Four of these projects involve Island history to one degree or another. One involves a photo project that has me more excited than anything else I have done in years and hopefully will turn into a show of sorts that should appear somewhere in an Island venue in the year that follows this current one. I have resolved to continue referring to my sister as “my sister” and not by her actual name because I read somewhere that calling a person by their name gives them some degree of power and she deserves none of that from me. Once the trial is over in a year or so, I will not call her anything at all. I have decided that the family lawyer needs to be called “bad crook” as it seems apropos to the situation, and it is a not so clever rearranging of his actual name. Just recently I have decided to combine the navigation of a certain Photoshop learning curve with a creative form of venting over this whole situation. I have been “borrowing” photos from costuming websites of people in both traditional black and white prison garb as well as the more up to date fashions in orange jumpsuit wear. I then photoshop either my sister’s or my brother-in-law’s head onto a given costumed form and in turn then magically place them in an ongoing assortment of prison yard scenes. I am getting the process down, AND it is at least somewhat therapeutic to boot.

When I went to look up forbearance in my ancient Webster’s, I found that it only listed forebear (or forbear) and it only had one definition- an ancestor. I can only imagine what the ghosts of my ancestors might be conversing about from picture frame to picture frame in the hallway of ghosts and in light of what has transpired in the past year. In many ways, I know what my parents would have to say about it all, especially my mother. I would suspect that beyond a poke in the neck, her vocalizations would include words other than a suggestion for my sister that a visit to the hairdresser was in order.



Granny Bucks the Tide

By Orca Annie Stateler, VHP Coordinator

Granny (J2) perpetually blows my mind. Granny, of course, is our supreme Southern Resident orca matriarch. Previously, J2’s birth year was estimated to be 1911, but recent genetic testing shows she is more likely of the same vintage as fellow elder matriarch Ocean Sun (L25), born circa 1928. Whether she is closer to 87 or 104, Granny rocks! Discover why Granny rocks at the VHP’s exhibit for Vashon-Maury Low Tide Celebration on Sunday, August 2.

Odin, Nashoba and I have been privileged to visit Granny’s summer domain twice this year. Every June at the Solstice, we make a pilgrimage to Lime Kiln Park/Lighthouse on San Juan Island to perform for the annual Orca Sing concert. In June, we saw all three of the J Pod babies, who so far appear to be thriving.

During an epic mid-July encounter, Granny (J2) guided a mixed matriline consortium of J14s, J19s, K13s and K14s up Island (north) on a vigorous afternoon flood tide. Many of the slow moving orcas, including J2, were within 40 yards of the Lime Kiln Lighthouse. In the tradition of Ruffles (J1) when he was alive, Granny’s devoted male escort Onyx (L87) was a mile offshore by the whale watching armada. Perhaps it was his turn to divert the boats while everyone else chilled.

Judging by a bird perched on a log swept along in the swift water, the speed of the current was about 8-10 mph. Captain Joe could tell you straight away what that is in knots. Incidentally, Shachi’s (J19’s) daughter Eclipse (J41) has one of the new babies, male J51, who looks robust.

When the killer whales reached Bellevue Point north of the park, they milled for twenty minutes or so and, after a few spyhops, breaches, and tail slaps, they returned to the lighthouse. A group of kayakers loitered at the point, parked in the path of the whales, and I wondered if their presence influenced the direction change.

Some observers marveled at the orcas’ decision to buck the tide and swim against the strong current. Odin and I sat with the interns who are helping Bob Otis with his summer research. One proclaimed, “I hope Lobo (K26) comes into the kelp,” to which



Granny (J2) excels at kelping! Center for Whale Research photo.



I responded, “Call me selfish, but I want to see Granny (J2) in the kelp!” As this week’s photo shows, Granny is a master “kelper.”

Suddenly, under our noses, J2 popped up cork-like from the echoing green depths, in the kelp bed, and inhaled forcefully. The crescent shaped nick in the trailing edge of her dorsal fin was plainly visible. I blurted out, “Hi Granny, beautiful lady!” She looked fit and fabulous, after all.

Likewise, Lobo did not skunk his fans. Lobo (K26) and his mother Lea (K14) were just a few yards farther from shore. Regrettably, they were forced to dive deep to avoid more kayakers parked in their path. Most of the whales skirted the clueless paddlers.

Now, it could be that Granny was merely pursuing a juicy salmon, or luxuriating in the nearshore kelp. Our First Nations ancestors, however, taught us to value the consciousness of killer whales. I am grateful for whatever drew Granny close to us that day at Lime Kiln.

At another park/lighthouse that Granny (J2) likes to visit – Point Robinson -- the VHP will have an educational display at the Low Tide Celebration on August 2. Be sure to stop by our table for Low Tide t-shirts by Tlingit artist Odin Lonning. Listen to the mesmerizing vocalizations – calls, whistles, clicks -- of our killer whale neighbors. Learn how we identify whales. What is marine mammal stranding response? Orca Annie has known Granny and her Southern Resident kin for 23 years. She has some compelling stories.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Our seal pup season starts in July. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago by Mark Sears. Send photos to Orca Annie at Vashonorcas@aol.com.

Deadline for the next
edition of *The Loop* is
Friday, July 31

Spiritual Smart Aleck

Even Smart Alecks Need Days Off

Folks, it pains me to rerun an old column, but your smart aleck has been ill this week, and my brain has put up a “closed” sign. While out watering my nasturtiums and hollyhocks today I felt a bug on my arm, and it was an earwig. It reminded me of this column. So, from 2013, I bring you:

The Icebugs of Grylloblattaria
This has been the most beautiful summer I remember in years. Day after sunny day dawns, and we put on our shorts and tank tops and sandals, those of us not restricted by bothersome things like jobs, and go out to meet the delirious, delicious summer day.

We water our gardens, we admire the blooms of our flowers, we revel in the sweet juiciness of our homegrown fruits and vegetables. I have five tomatoes on my single tomato plant, and if the weather holds, they may have time to turn red. Meanwhile I love to touch the leaves and smell the tart muskiness of tomato plant, a scent that says “summer” to me.

The sun discourages, but does not stop, the slugs. I got some of that “safe” slug bait and while it may kill slugs, and I’m not saying I have any proof of that, it is apparently a tasty treat for mice.

Our son told me that every time he went out on the kitchen porch, he heard the scurrying of little feet and saw mice bailing out of the slug bait container and running away. I never saw these mice, but a quick check of the slug bait stash revealed a liberal sprinkling of mouse turds among the few remaining pellets.

Rather than trying to trap and kill the mice, I figured that when the slug bait was gone, the mice would forage elsewhere. Let the problem resolve itself, I thought.

NOTE: this benign neglect method may work with mice,



By Mary Tuel

but I have been informed it does not work with raising children. Little tip for you young parents (although nothing you do or do not do will forestall the day 10 or 20 years from now when your adult children will tell you the mistakes you made as a parent), be of good heart. Taking the blame for everything is a little service that parents provide for their adult children.

Where was I?
Another feature of this long hot summer is that the spiders are spinning early. Usually I don’t run into spider webs until August, but this morning I had to clear a web before I could walk out the kitchen door. I can only imagine the size and extent of the webs we’ll have in September.

The mosquitoes have been numerous and hungry this year. Eh, that’s usual here on the edge of the woods.

Speaking of hungry creatures, the deer have stripped the leaves and buds off of my roses three times this year. I don’t begrudge the deer their need to eat. I only wish they wouldn’t eat my roses, then wait long enough for the plants to recover and begin putting out buds before stripping them nekkid again. It’s the repetitive dashing of hope that gets me down.

Lastly I mention earwigs. Earwigs comprise the insect order Dermaptera, according to Wikipedia, which also says, “Many orders of insect have been theorized to be closely related to earwigs, though the icebugs of Grylloblattaria are most likely.” The icebugs of Grylloblattaria!* Isn’t that glorious? Doesn’t that sound like a science fiction novel?

Earwigs like to inhabit crevices. We all know this from experience. Quite often earwigs will inhabit crevices in flowers I bring in from the garden and a few hours or days later I find earwigs crawling across the kitchen table, or the kitchen counter, or the living room rug. I have an irrational dislike of earwigs, and will usually

Vashon Library August 2015 Events

Children & Families

Be a Hero to Your Kids: Take Them to KCLS Libraries this Summer!
Kids who learn all summer go back to school with stronger learning skills. That’s why KCLS libraries provide free events and learning activities that enhance skills, increase curiosity and inspire creativity. Based on STEM curriculum, with reading and art added, summer learning builds smarter kids while they’re having fun. And it’s FREE! For details, visit any KCLS library or kcls.org/kids/summer.

Family Story Times

Tuesday, August 4, 11, 18 and 25, 11:30am
Family program, all ages welcome with adult. Stories, songs and fun!

Spanish Story Times

Wednesday, August 5, 12, 19 and 26, 5pm
Newborn to age 6 with adult. Stories, songs and fun!

Super Cool Science

Tuesday, August 11, 6pm
Presented by Pacific Science Center’s Science on Wheels. Ages 5 and older with adult. See heroes compete in the Interplanetary Olympics and find out what happens when things get super cold with liquid nitrogen. Watch incredible feats as gases become liquids,

crush them without hesitation or compunction. They give me the creeps.

So it was extremely creepy when I opened up my bedside CPAP machine the other night and found an earwig inside. Ugh. I walked it into the bathroom and sent it for a quick swim in the bathroom sink. Beats me how or why it got into my machine. The darn thing simply showed up. I guess that’s why I don’t like them – they’re always sneaking up on me. Give me the oogly-wooglies.

Even the most wonderful summer is bound to have some down sides, but all these critters aren’t stopping me from enjoying this summer. Hope you are enjoying your summer, critters and all.

*”Grylloblattidae is a family of extremophile and wingless insects that live in the cold on top of mountains.” – Wikipedia. Now you know.

liquids become solids and matter freezes, fizzes and flies!

Summer Reading Finale: Foam Sword Party!
Thursday, August 20, 2pm
Held outside of the library in Ober Park. Presented by Foam Sword Parties
Ages 5 to 18, ages 5 and 6 with adult. Grab your friends and come to the library for medieval group combat. Foam sword play emphasizes sportsmanship, athleticism and strategy. Foam Swords are safe for all participants capable of light physical activity. www.foamswordparties.com

Adults

Opera Preview: Nabucco by Giuseppe Verdi (1813-1901)
Sunday, August 2, 2pm
This free lectures, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts. Questions? www.normsoperaplus.com, normsoperaplus@mac.com, or 206.329.6269.

One-on-One Computer Help

Thursday, August 6 and 20, 6pm
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis. Note: Volunteers cannot provide hardware assistance with your own personal computer.



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Aries (March 20-April 19)
Stand your ground. I don’t mean fight, and I don’t mean in a defensive way. I mean define your boundaries, your territory, your state of mind, and claim these things as a kind of basic entitlement to existence. There seems to be the shadow or specter of some parental authority that you’re feeling, which is clearly an element of your past. It’s too often true that such influences leave people feeling like there’s no space on the planet for their feelings, their desires, their needs or even their body and possessions. I am here to tell you that there is room for you, though you need to stretch into it. You must establish your entitlement within your own consciousness, and then spread that into the world. If you feel guilt, persist. If you feel fear, persist. Take these as signs that you’re on the right track, since guilt in particular is evidence of claiming back internal emotional territory. As for fear, you simply don’t need that. You have far more creative things to do with your energy.

Taurus (April 19-May 20)
You will be amazed how persuasive you are, if you have any persuading to do. You don’t need to be forceful; you merely need to be clear. Your own inner clarity will lead to the possibility of directness of a kind that you may notice is unusual for you. What you’re experiencing is the reality of having more than your mind made up, and more than a little wind behind you. You now have the full force of the currents and tides propelling you. Therefore, you don’t need to exert too much energy. You just need to choose your words carefully. It would also be wise never to meet force with force, or anger with anger. Always stay 10 degrees cooler than your environment, and make sure that you interpose some delays between thinking, speaking and acting. Slow down your mental clock speed; you’re likely to want to move quickly. Take the extra time and listen, look, feel and otherwise pay attention. You are reaching for precision, so look for your opening and make your moves when you feel in your body that the time is right.

Gemini (May 20-June 21)
Now is the time to take action on financial matters, which under this astrology is likely to include both a plan to earn more, and an equally important plan to take inventory and organize your resources. By now you recognize that you’re looking at income potential that is as yet unrealized. You must be wondering what it will take to get the gold out of the ground. What it will take is carefully devising a strategy, then knowing when to stick to it and when to modify things. You may also need to temper your generous nature, for the sake of self-care and the ability to be supportive of others in the long-run. But you don’t need to make any excuses for being fully willing to support, sustain and nourish yourself. It would be abundantly healthy for you to focus that as a primary goal, with bold determination and actual happiness. Also notice any interference you may be getting from any voices in your mind or perhaps from those in your social circle. You don’t need to justify yourself and you would be wise to sidestep the temptation to do so. Just proceed with your intentions and plans with as little discussion as possible.

Cancer (June 21-July 22)
Wednesday’s stunning New Moon in your birth sign is a reminder that it’s time to live your life your way. You can afford to take this a few shades beyond what you might normally think of as your personal prerogative. It’s true that you have considerable responsibilities, though you’ve come a long way in your ability to fulfill them in style. Therefore, lean on your talent and your ability a little more than you might, as a way of creating some space for creation and recreation. Indeed, you might consider bringing that creative/recreative viewpoint into everything that you do. There are those times when your work flows, and when your

creativity carries the day. If the past two years of your life are an exercise in anything, it’s about how to tap into that quality. It’s a talent of its own, and to get there you have to be willing to take a chance or two. But more than anything you need the willingness to do what must be done, when it must be done, without hesitation.

Leo (July 22-Aug. 23)
Jupiter and Venus in your birth sign are offering you protection and a hint as to how much abundance is possible. It’s as if events of the past year have been preparing you to experience your own independence. Yet what you now must do is maintain your flexibility and an open mind. More than anything you need to cultivate the habit of stopping yourself when you doubt your own potential or talent. If you find yourself in self-effacing mode, or trying to talk yourself out of your desires, pause, and see if you can get a handle on where that influence is coming from. It’s your job to make up your own mind about who you are and what you’re capable of. This doesn’t mean the world owes you anything. Rather, potential translates to the option you have to work for what you want, to focus real goals and to make yourself useful to others. There’s a significant difference between your personal gifts and using those gifts in some form of commerce. Once other people are in the scene, you must focus on the relationship above all else.

Virgo (Aug. 23-Sep. 22)
Venus is working its way toward your sign, where it will do something interesting -- it will stay put in early Virgo for nearly two weeks. The way that looks, you may at once feel like a vastly gifted person, though at times racked by fits of insecurity. This is an opportunity to address both -- what to do with your gifts, and what to do with your insecurity. The two don’t cancel one another out. But you will ultimately choose one or the other. Remember this basic equation: You cannot be self-possessed and reject yourself at the same time. You cannot love yourself and doubt yourself at the same time. Self-possession is acceptance and love means surrendering your doubt to some other force in your personality that will guide you in the direction you want and need to go. More than anything I suggest you learn the talent of generosity with yourself, rising above any influences to the contrary that may well have run your life until now.

Libra (Sep. 22-Oct. 23)
For a Libra you sure are in an ambitious, even conquering, mood. It’s about time, too. Focus your goals and connect them to the sense of resolve that you’re feeling. Notice the elements of why you feel the way you do. One of them is confidence in yourself. You’ve come to this observation before -- when you have that, you can do anything. You might ask yourself where it goes when you don’t have it; I would say that some clouds from the past block the light of the Sun. Now you can see clearly and feel the heat, which is really your own energy radiating from inside you. Even still, be wary of doubt. Notice when you have the vaguest, slightest hint of doubt in yourself. Try to identify whose voice it is. Much that we think we do to ourselves is really the residual toxicity of what was done to us in the distant past. You have the choice to reject those influences, though you would need to replace them with the clear sensation of who you are, not in the past but right now.

Scorpio (Oct. 23-Nov. 22)
‘Spiritual’ is often a byword that describes subject matter that can be emotional, psychological, sexual, physical or on any other subject. In this case, ‘byword’ means language that avoids real subject matter. In our culture, so influenced as it is by New Age thinking, we have this idea that there’s a spiritual solution to everything, and that even the ancient Egyptians levitated the blocks in the pyramids with their third eye. But one might better speculate that really,

it was engineering and hard work that got the job done. It’s true that you’re feeling influences that might be described as spiritual or religious or mystical. But I suggest you focus your mind, your intentions and most of all your resolve, and get the real work done. In my experience, we get the best results from spiritual agency when we’re willing to make an authentic effort. Part of that involves developing a sincere vision for your life, and having an authentic relationship with your own notion of commitment. You must know what you want and what you’re willing to do to make it happen. Undoubtedly, you know that involves actual change.

Sagittarius (Nov. 22-Dec. 22)
You must set the terms of your agreements. It may seem that it doesn’t matter who proposes the arrangement, or writes the contract, though I’m here to remind you that it certainly does. Take control of your language. This includes business arrangements as well as the words and ideas you use to express your feelings and your desires. Be abundantly clear in everything, and make sure you notice the places where you’re inclined to leave out a detail, or to make a compromise without being asked. Regarding your professional goals, I suggest you be as specific as you can about what you want or what you intend to do. As you do this, be mindful of any tendency you have to judge yourself, or to set some limit on what you think you’re capable of. This is very difficult for most people, who tend to inflict on themselves the same ridiculous limits that were set on them by early caregivers and authority figures. The very theme of the coming months is for you to identify and exceed those limits.

Capricorn (Dec. 22-Jan. 20)
It’s time to get a handle on relationship matters. You seem to be living in a retro world where only the past matters, or alternately, you’re struggling in some way to find the present moment and get real. The only thing the past has to offer at this point is a map of what you don’t want, and some information about some errors in judgment, particularly about your own power. It appears that others are willing to be direct with you, which you may find disorienting. Directness is about the moment. You will find this worthwhile, as others respond to you with generosity and equanimity. The real factor that’s mediating your experience is your willingness to receive. This is likely to be more challenging for you than you’re willing to admit, though that would be a good start. You may have this idea that expressing your vulnerability (which you must do to accept anything offered to you) gets you into some kind of overcommitment. What is that about? Is it really true? Remember, you gain more influence over your life by making decisions than by avoiding them.

Aquarius (Jan. 20-Feb. 19)
You are forming bonds now that may last a lifetime, and that certainly are influencing your world right now. Remember that any real connection is a form of collaboration. I know there’s some skepticism about working with people you love, but the truth is that any loving relationship that is based on something real is indeed a form of working together. You in particular need close bonds with your colleagues. Aquarius is not as chilly a sign as astrology books make it out to be. Far from it, in fact; but you need, in many situations, to express your affections in practical ways. Pay special attention to the people you work with. Reach for, and feel, the undercurrent of trust that is essential to any productive encounter with other humans. While you’re doing that, in all ways seek to improve your life, and those of your friends (which to you often amount to the same thing). Be bold about this. You are at a vital, potent point of beginning on all of these subjects.

Pisces (Feb. 19-March 20)
Your astrology is pulsating with creative and sexual energy. You must be feeling this, and it’s likely that others around you are. The thing to do is express, express, express. Well, that and notice the world around you. Notice the beauty, notice the conflict, notice whatever there is to be seen, felt or

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Road to Resilience
Continued from Page 7

pages of parochial Catholic theology, this encyclical speaks to all of us, and I highly recommend it. The Pope gets it. On page 79, he speaks of the scientific paradigm that exploded onto the scene 300 years ago and how it has changed our worldview: “This paradigm exalts the concept of a subject who, using logical and rational procedures, progressively approaches and gains control over an external object. This subject makes every effort to establish the scientific and experimental method, which in itself is already a technique of possession, mastery, and transformation. It is as if the subject were to find itself in the presence of something formless, completely open to manipulation.”

Led by science, this illusion of mastery and control has carried over into our economics and our politics. The world is not formless or completely open to manipulation. It is inconceivably complex with a living agenda of its own, of which we are a small and dependent part. This is not to say that we give up on science; only that we always respect the fact that we don’t really know the true nature of the world we are manipulating. This is essentially the worldview we had before science made us “masters of the universe.” A little reverence and humility is called for here. This new point of view would make it natural for us to be very cautious about manipulating the genetic code, or fracturing the depths of the planet, or even considering the idea of ‘trash’ as a viable concept. It has taken climate change to force us to ponder the idea that we really can’t control everything.

What is especially exciting to me is that the same assessment of our predicament is coming to us from many different places at once, The Pope’s assessment is so similar to Naomi Klein’s views in her latest book, This Changes Everything, that she recently was invited to speak at a Vatican gathering. Imagine a Jewish, secular feminist “pontificating” with the Pope!

What they are both saying is that we have all embraced our consumer role in a global corporate capitalist world that does not relate in any meaningful way with the real world of nature. We are entranced by our homocentric world, but it fails to provide the meaning that we all want and need in our lives. I’m convinced that trying to address climate change within our current context is doomed to failure, and there seems to be a recent surge of agreement with that thesis coming simultaneously from all over the world. We can make this change peacefully, but we will need to be bold, imaginative and uncompromising about how we decide to move forward. Besides, the alternative, uncontrolled global climate change, is not an acceptable option.

Comments? terry@vashonloop.com

experienced. You have an open invitation to involve yourself in existence, and a wide latitude for how you interpret things. That is the true nature of art. As for expressing -- that is the opposite of things like repressing, suppressing and depressing. If you notice guilt, brush it away like a fly. Guilt only has the power over you that you give it, so start investing in love and beauty. I mean aesthetic and sexual, specifically both. Let whatever and whoever turns you on, turn you on. I know there are rules and by now you know that most of them are bullshit. You exist, you have a right to see and look and feel and encounter people, and ideas, and the whole universe for that matter, boldly and directly. Call that and nothing else being alive.

Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

Positively Speaking

For Such a Time as This

Entering the walkway lined with lovely accouterments such as patio furniture and plants in full blossom, my eye glanced to the lush veggie and flower gardens on one side and the spacious lawn on the other. I knew what lay ahead, beauty and nutritional nurture and cool. While the rest of the Pacific Northwest roasted in mid nineties, I would soon be searching for my sweater in a house that is perpetually kept at 68 or 70 degrees. Old friends of decades long days, they had invited me to housesit while they ran a week long youth program at a summer camp. Their idea of fun is to take old houses and bring new life to them. They are an amazing team of design and craftsmanship. There was only one obstacle for me to fully embracing this retreat like setting. Where would I sleep? March 16, 2015 two days before the 54th anniversary of “The Accident” I began to understand “The Grand Adventure” was as much about my health, maybe moreso, as it was about getting a body or work into print and staging. I saw the inside story on my body from the waist down.

Seeing the x-rays explained everything. Now, a team of doctors was all over me to restore my health from the effects of being smashed by a drunk driver. The top of my right hip looks like uncarved concrete and has eroded the edge of socket. It will be a complicated surgery to rebuild and replace everything when it happens. Add a vascular edema behind my retina and a strep infection in my leg and I was surrendering to multiple wisdoms working as a well oiled cog to make it all better. I always get my miracle but only after enormous, sacrificial obedience to the still small voice. And good ALWAYS comes of it. I am a connoisseure of good doctors, nurses and physical therapists after a lifetime of depending on them.

By Deborah H. Anderson



The infectious disease guy looked at my legs and said, “You don’t sleep in a bed do you?”.

“No, I don’t” .

“A recliner?”

“Something like that”

Sighing deeply with compassion he said, “People with your hip condition can’t sleep in beds. It’s too painful” .

The Grand Adventure began as obedience to the still small voice telling me to parce out the pieces of my life to get my work done. That meant work in one place, exercise and hygiene in another, sleep in another. No hospitality or fellowship with my leadership.

I thought it was about finances. Turns out it was about my health. Free of a bed, for the first time in almost forty years, I slept- good, solid, extraordinary sleep. Where once it took twelve hours to get hours sleep, now I settled back cradled in just the right position, and with the exception of one brief potty break, I awoke , time and again the next morning with my body feeling restored. It has been a gift. God put all the pieces in place for me to do this. The only compensation will be compression socks.

The social cost? Enormous. But the doctors have said one year with no falls and no fractures and then they can do the surgery. There’s a lot of prehab to be done.

What sacrifice will you make for your health?

Love,
Deborah



Two Ways to Look at Vashon Island

Continued from Page 4

and they produced much fruit. Dad called it “Run-Down-Ranch” because he never quite caught up with all the work.

Isolation from the mainland produced happenings that you couldn’t have in the city; such as Helen Puz who lived to be a hundred, but didn’t leave the island until her 18th birthday when she went to Tacoma to have her graduation pictures taken.

There were always people on Vashon we referred to as “characters”. When I tried to get a summer job with Mr. Brooks, our local surveyor, I was told that I might find him a little strange. He asked me for my sign and I didn’t know what he was talking about. He explained to me what my Zodiac sign was. I told him “Aquarius”; and he said that he wouldn’t hire me because I was born under the “wrong sign”. I was told that when Mr. Brooks wanted to find a lost property corner, he would pile leaves two feet high in a circle and light the circle on fire sitting in the middle to conjure up the lost corner’s location.

Maybe Mr. Brooks was contemplating the original survey of Vashon by Lieutenant Wilkes in 1841. The way they measured the distance between Dalco Pt. and Gig Harbor was to fire a signal cannon from one shore to the other while measuring the time between the muzzle flash and the report. By calculating the distance with the speed of sound, about 5 seconds per mile, they

arrived at remarkably accurate distances between the two points.

A friend found the 1841 chart in the courthouse basement in Tacoma and offered me a copy with the harbor depths marked in feet. The chart is quite accurate and shows the separation between Vashon and Maury Islands as tide land. In 2006, there was talk of opening up this channel and John Sweetman and I were curious if significant changes had occurred to the bottom of inner Quartermaster in the last 170 years. We sounded the bottom of inner Quartermaster in 2006, following the Wilkes Expedition’s 1841 soundings from Jenson Pt. to Portage. We used a knotted rope with a piece of lead to take it to the bottom and measured the distance by the knots tied at one foot intervals. Wilke’s soundings were 500 feet apart. We used a GPS so our measurements were taken in proximation to Wilkes’s. The bottom of inner Quartermaster hasn’t gotten shallower or deeper in 170 years. The variance in bottom depth between Wilke’s soundings and ours was a foot to a foot and a half, except for Judd Creek where there is a large silt build up. This seemingly non-event occurred over a period from 1841 to 2006.

Wilke’s Expedition was called Ex. Ex. or Exploration Expedition; and financed by Congress just a short time after the return of Lewis and Clark.

There are many on Vashon who like living here and want to keep it “insular”.

Free karate classes for teens



In August there will be free Kenpo Karate classes for youth, 6th-12th grades. The classes will be taught by senior instructor Alex Echevarria, a 4th Degree Black Belt, in the Education Building of Vashon United Methodist Church. Mr. Echevarria has over 26 years of experience in the martial arts and is a retired public school teacher.

The classes will take place Tuesdays, August 4, 11, 18, and 25 at 1:00 p.m. Students must preregister by calling the church office at 206-463-9804 or online at www.VashonMethodist.org. A second class will be offered at 2:30 if needed. Participants should wear comfortable, loose clothing.

This is the first series of classes in a new program for teens that comes out of a shared recognition on the part of concerned community leaders that the island needs more programs for youth. Organizer Carol Butler hopes to create a network of alliances throughout the island to give more support for teens. “I was raised as a latchkey kid,” she explains. “But I had caring neighbors. We had a community of concern. Kids need to be able to feel safe in fun activities with peers, friends, and future friends.”

“Youth is a very exciting time and

a great time to discover potential,” says one of the organizers, Nancy Vanderpool, who is also active with VARSA and the Interfaith Council to Prevent Homelessness. “This program is a way to open new paths to do that in a safe and caring environment.”

Program activities are designed to be fun, while offering new experiences and opportunities for enriching friendships. The program is based in the Education Building of the Methodist church, but will be non-religious. “We want to serve our community,” says the Reverend Kathy Morse, the church’s pastor. “Our parents suggested that our youth need a safe place to connect throughout the summer and after school and that is what we hope to provide. The impetus comes from our call to love and serve our neighbors, but the program itself will not be religious in nature. We want middle school youth to have fun with their friends and maybe learn some new skills.”

The Kenpo Karate classes are Tuesdays, August 4, 11, 18, and 25 at 1:00 p.m. Vashon United Methodist Church is located at 17928 Vashon Hwy SW. To learn more and sign up, call 206-463-9804 or visit www.VashonMethodist.org

Carrie The Musical

A large cast of island youth are spending their summer rehearsing Carrie The Musical, to be presented at the VHS Theater July 31st through August 2nd.

Directed by Elizabeth Ripley, artistic director of VYT (Vashon Youth Theatre), Carrie The Musical follows in the footsteps of previous, highly successful youth theatre productions, including Grease, Into the Woods, Jr., CATS, and Godspell.

Carrie The Musical tackles the vital issues raised in Stephen King’s well-known novel, Carrie, about a girl who is abused at home by her mentally ill mother while being bullied at school. These issues create the perfect storm, as Carrie discovers she has a special power, and a final cruel prank at her high school prom leads to disastrous results.

Elizabeth Ripley selected the musical, with its tough content, for several reasons. “The music is excellent and eminently sing-able for young voices,” Ripley explained. “But I really chose Carrie The Musical because it faces real world issues, including bullying and child abuse. While it makes me cry, it



also gives me hope. We can have a better world for our children, but only once we acknowledge the real world they are living in.”

Show times for Carrie The Musical are 7pm on Friday, July 31st and Saturday, August 1st with a matinee on Sunday, August 2nd at 3pm. Tickets are \$5 for youth & seniors, \$10 in advance at Vashon Book Shop, and \$15 at the door.

The show is being billed as PG-13, due to powerful content.

Local Weather

www.vashonweather.com

Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

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Compost the Loop

*The Loop’s soy-based ink
is good for composting.*

Island Epicure



By Marj Watkins

For a Summer Cool Wave

Chicken, though pricier that it used to be – what isn’t? – is still about the thriftiest meat you can eat. When I cooked chicken with green beans in curry sauce, extemporizing from what was in the freezer and the vegetable bin, the grandson who came to dinner, kept saying, “Mmm-mm, good!”

He added, “You should put this in your food column.”

So here it is, a great dish for people who have trouble getting their kids to eat vegetables, and anyone who eats meats:

Chicken with Green Beans in Curry Sauce

- 3 to 4 servings
- 12 ounces chicken tenders, cut in bite size pieces
- 2 large or 3 smaller garlic cloves, diced small
- 1 Tablespoon minced ginger, skin on
- 1 pound green beans
- 2 teaspoons curry powder or to taste
- 3 Tablespoons coconut oil or olive oil
- 1 large yellow onion, halved, then wedge-sliced
- Hot Water to cover

Combine in a cup or small bowl:

- 2 Tablespoons cornstarch or

- rice flour
 - ½ teaspoon coarse black pepper
 - ¼ cup water
- Combine the chicken, garlic, and ginger. Marinate for at least 20 minutes, better yet overnight or mix in the morning and let wait in the refrigerator all day while the chicken absorbs the flavors of the garlic and ginger. The chicken and spices can even be frozen for later. Thaw in a plastic bag immersed in tepid water.

In a saucepan, parboil the green beans 5 minutes.

Heat the oil in a wide skillet. Stir-fry the onion slices with the curry powder until limp and shiny. Pour in hot water to cover. As the water boils away and the onion cooks, keep adding more water.

When the onions are done, add the green beans and their broth. Tuck the chicken pieces among them. When one side of each piece has turned white, flip them. Cook 3 minutes more, until there’s no pink left inside the chicken pieces. You can halve one to check and be sure they are no longer raw inside. Taste the liquid and add a dash of hot red pepper flakes if it’s not spicy enough for you.

Add the thickening mixture, stirring as you slowly pour it in. This should give the dish a nice glaze. It will create a thin, shiny, translucent sauce.

Serve over Golden Rice: In a 6-cup saucepan, on medium heat, or in a rice cooker, put: 2 Tablespoons coconut or olive oil. Stir in 1 ½ cups brown rice and 1 ½ teaspoons turmeric. When all the grains are oil-coated add 3 cups water. And 1 teaspoon salt. Cover and cook until the rice is done, about 50 minutes. Fluff and transfer to a serving bowl.

Sounds of the Living Sound Low Tide Celebration at Point Robinson

Continued from Page 1

volunteers how to identify beached dead birds when only part of the bird is present. You can compare wings and try to guess which species they belong to, and then learn more about this highly successful citizen science program organized by the University of Washington to assemble data gathered by beach walkers who monitor bird die-offs that indicate problems in seabirds’ food supplies or in weather conditions. At the Vashon Beach Naturalists’ booth you will be able to run your fingers over many kinds of shells, limpets, and crab carapaces. Why are some smooth and others ribbed or channeled? Their textures can tell us something about where each kind likes to live.

Colorful photos, maps, and explanatory exhibits will hint at the stories of many of the most significant species of the Maury Aquatic Reserve, including plankton (at Karlista Rickerson’s booth), forage fish (at Susie Kalhorn’s Sound Action booth), and shellfish (at the Puyallup Tribal Shellfish booth). Some of the most significant players in a healthy shoreline community are nearly invisible. The tiny plants found in phytoplankton, for example, play a major role: they feed the zooplankton that include the larval forms of the next generation of shoreline life such as barnacles, shellfish, limpets, crabs, and shrimp, which in turn feed many small animals in the shoreline ecosystem. But when high nutrient levels in the water and abundant sunshine lead to excessive plankton growth, these micro-organisms can cloud the water with sometimes toxic blooms of species such as Alexandrium (which causes Paralytic Shellfish Poisoning) and Dinophysis (which causes Diarrhetic Shellfish Poisoning, and is currently infecting



shellfish in Quartermaster Harbor).

The Puyallup Tribal Shellfish booth will feature the story of one of the primary essentials for healthy clams and geoducks: sand. Sandy beaches are not static. Anyone who lives by a beach can tell stories of the seasonal transformations of some areas from expanses of sand into cobbles and gravel. Winter waves can push and pull sand along the shoreline and dump it offshore. To replenish the beaches, there must be sources of fresh sand that can be moved by rainfall and erosion down onto the beach, a process that is blocked by bulkheads.

Susie Kalhorn’s Sound Action booth will portray the needs of surf smelt, herring and sand lance, three forage fishes deemed essential for healthy salmon runs. Doesn’t it seem risky to produce your young by spawning on sand or seaweeds? That’s what these small fish do! Hence the importance of protecting these natural beach features, which is why Sound Action monitors government permits that allow shoreline activities, watchdogging them to ensure laws that protect beaches are followed.

The Washington Department of Natural Resources will fill a booth with information about their work to study, protect and restore the significant habitat features of the

Maury Island Aquatic Reserve. The Americorps volunteers who have been working with DNR on everything from restoring native plantings to surveying for forage fish will exhibit some of their results, and will be on hand throughout the Low Tide Celebration helping on the bus, at the booths, in the lighthouse, and out on the beaches.

Hungry beachcombers will be able to buy food from Jessica Dewire’s popular booth beside the lighthouse, and children will find games and activities among all the displays on the grass. Julia Anderson is partnering with her daughter Maribelle to provide play options. As usual, there will be sand castle tools and equipment on the best packed sand exposed by the low tide (best between noon and 2pm).

The LTC planners thank all our sponsors: Noel Design, Keepers of Point Robinson, Vashon Park District, Washington State Department of Natural Resources, Americorps, King County, Vashon-Maury Island Audubon Society, Vashon Hydrophone Project, and Vashon Beach Naturalists. We hope to see you on the beach!

100th Anniversary of the Lighthouse, Sunday, August 2, 10am-3pm.

Shuttle Bus Runs 11am-3pm Along Pt. Robinson Road

Open Air at Open Space

Continued from Page 1

and the Rock Island String Collective will open the show with beautiful music.

Admission for Open Air is by Donation (Suggested \$10), and no one will be turned away for lack of funds. We encourage you to bring a blanket for seating, and bring a picnic if you like! Refreshments will be available for sale as well.

EXTRA ADDED FUN - Our fabulous summer installation PopART Putt Putt will be open for before and after show play - BY DONATION Only! Funded by a grant from 4Culture, PopART Putt Putt features four incredibly unique golf holes, created by Vashon artists Ken C Judd, Ela Lamblin and Jon Schroeder. Kinetic, creative, artistic - it’s putt-putt Vashon-style!

The Vashon Loop is available FREE on the Vashon Fauntleroy & Southworth Ferry Route

Find the Loop in the Passenger Kiosk Area Online www.VashonLoop.com

TRASH TALK

Items made of 70% or more metal can now be recycled at Vashon transfer station - auto parts, siding, fencing, BBQ grills, window frames, wheel rims, pipes, lawn furniture, bicycles & lawn mowers. No fluids, batteries, or hazardous waste containers. Metal recycling has a separate bin.


www.zerowastevashon.org

Loose Change

R&B Band

Loose Change is now booking for your summer parties. We have dates available Call Troy @ 206-794-9451

Cami Lundeen

Vashon sent her off with a big bang of a farewell show last June, and now, after touring the country throughout this past year, Cami Lundeen is finally returning to the island with a multitude of new songs and stories to share as well as favorites from her debut album.

Don't miss your one chance this year to see Lundeen live! Sunday, August 9th, 2015 at 8pm she will be taking over the stage at The Red Bicycle along with drummer Wesley Peterson, bassist Jason Everett, guitarist Chris Brandt, and more to come. Tickets are \$10.00 and will be selling quickly so guarantee your seat and grab them early online at www.camilundeenlive.brownpapertickets.com/

Lundeen's beautifully haunting voice, profound lyrics, and creative melodies linger long after you've heard them. She sings and performs with a contagious passion and conviction that moves you to the depths of your being. Her energetic style is a blend of the bluesy-soul of Adele, an alternative rock flare reminiscent of The Cranberries, and the edginess of Pink.

Originally from Vashon Island, WA, Lundeen began her musical journey as an outlet for a devastating diagnosis. She turned her fear into a passion for songwriting and performing, which led to a Kickstarter-funded debut album and nationwide tour.

After making her way across the country over this past year, Lundeen has temporarily settled in the Gainesville, Florida area. She is continuing to travel throughout Florida performing at a



variety of venues as well as working on the follow up to her debut album Run Free.

Run Free was released in August 2013. This record is an intimate weaving of her story – a journey of life's struggles and a tale of overcoming fear and choosing to live life to its fullest.

The Return of Cami Lundeen
Sunday, August 9th, 2015 8pm
The Red Bicycle Bistro & Sushi 17618
Vashon Hwy SW Vashon, WA 98070

Tickets: www.camilundeenlive.brownpapertickets.com/

Facebook event page:
<https://www.facebook.com/events/599890106817714/>

www.camilundeen.com
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Friday, August 9, 8pm.
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Jessica Bolding PROGRESSION

"Progression" showing at Spoke in August is a on expression of minimalistic organic shapes and textures representing the beauty of life morphing into more complex thick paints and strokes. This change of texture and color runs along side Jessica Bolding, the artist's, experience of inner meditation moving into global action and balance between the inner and outer world.

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Concerts in the Park

Continued from Page 10

sentiments while honoring the lineage of family and community. "Devil's Daughter," a muddy southern rock tune penned by Laina, conjures the strong imagery of temptations drowning the narrator and showcases a firm grasp on storytelling as well as Teske's wailing pedal steel. The album's emotional centerpiece is "Oh," a vulnerable, loving, and wistful ballad that heavily features Vinberg's upright bass. The somber "Abilene" pays homage to 70's-era road-worn country, and "Enemy Lines" a violent yet sentimentally heartbreaking duet between Lynn & Laina, features string arrangements from Andrew Joslyn and the Passenger String Quartet; who dropped in the studio in between their tour dates as string players for Macklemore & Ryan Lewis. Barrett Martin himself also cameos on a few tracks playing vibes and percussion.

Since the release of their debut album in April of 2014, Vaudeville Etiquette has rapidly built a following touring the U.S. West coast and playing shows around Seattle. In October 2014, "Debutantes & Dealers" was accepted for the first round of the 2014 Grammy nominations, and their music was also recently placed in rotation on Starbuck's in-store playlists among other outlets. They continue to tour, consistently play sold out shows, and support national touring acts across the country.

Vaudeville Etiquette makes music that pushes every boundary with raw passion, grit, and mischievous wit. With their signature blend of Americana roots rock, the dynamic Seattle quintet fills timeless melodies with modern lyrics, heady harmonies, and a wailing pedal steel. Their live performances are magnetic, diving fearlessly from energetic anthems to wistful ballads and back again, winning over bigger and bigger audiences across the country with their potent chemistry and barrel-aged charm.

Recently listed as one of the "Top 50 Bands Rocking the Seattle Scene" by Seattle

Next Edition of The Loop Comes out Thursday, August 6

Deadline for the next
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www.vashonloop.com

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is good for composting.

Magazine, Vaudeville Etiquette has been featured in USA Today, CMJ, American Songwriter, and more, where they've gained comparisons to heavy-hitters like Shovels & Rope, The Civil Wars, Fleetwood Mac, and The Band. "Vaudeville Etiquette is a band that knows all the right moves, and seems poised for a larger stage." -The Seattle Times

www.vaudevilleetiquette.com/

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